

Thursday, November 3

8:45 – 9:00 -- Welcome and Opening Remarks

IAND President, Brian Smith, RDN, LD (he/his)

9:00 – 10:15 -- Managing Bias and Microaggressions: An Ethical Responsibility.

Mridul Datta, PhD, RD, LD, FAND (she/her/hers)

Learning objectives:

1. Recognize and monitor bias in self and others.
2. Verbalize implications of continued bias, microaggression and discrimination.
3. Implements strategies to reduce instances of microaggression.

Performance indicators: 1.7.2, 1.7.3, 1.7.4; level 2

10:15 – 10:45 -- Break/Exhibits

10:45 – 11:45 -- Cultural Competence in Diabetes Care

Kimberley Rose-Francis RDN, CDCES, CNSC, LD (she/her)

Learning Objectives:

1. Discuss cultural barriers to self-management of diabetes.
2. Review the current evidenced-based recommendation(s) in diabetes care and management as it relates to food and nutrition.
3. Examine how the evidenced-based recommendations may create a cultural divide.
4. Identify opportunities and strategize ways to overcome barriers and achieve better outcomes.

Performance Indicators: 1.7.3, 4.2.2, 8.1.1; Level 2

11:45 – 12:00 -- Announcements & Awards

IAND President, Brian Smith (he/his)

12:00 – 1:15 -- Lunch/Exhibits

1:15 – 2:15 -- Identifying & Correcting Cultural Misconceptions in Plant-Forward Dietetics

Ayten Salah, MS, RDN (she/her/hers)

Learning Objectives:

1. Introduce the Social Identity Wheel as a tool to develop awareness of cultural blindspots.
2. Outline a framework for identifying cultural misconceptions in dietetics practice at-large.
3. Apply this framework to examine how cultural misconceptions impact plant-based practice.
4. Discuss strategies to actualize culturally-competent, plant-forward dietetics practice.

Performance Indicators: 1.7 (ALL), 1.8.5, 4.1.3, 4.2.2; level 2

2:15 – 3:30 -- Leveraging Policy & Grassroots Advocacy Efforts...Elevates the Crucial Role Dietitians Play in Improving Nutrition/Food Security

Susie Roberts, MS, RDN, LD (she/her/hers)

Learning Objectives:

1. Recap the 2022 Legislative Session, while highlighting The Academy's role in Iowa's legislative and political process.
2. Describe how dietetic professionals can collaborate to influence positive change on nutrition, healthcare, and health equity (from infants...to the aged) by educating community members and policy makers.
3. Develop communication strategies to advocate for our profession by elevating the dietitian's visibility in the workplace, your communities, and our State.

Performance indicators: 3.2, 3.3

3:30 – 4:00 Break/Exhibits

4:00 – 5:00 -- Eggs and egg nutrients in healthy dietary patterns across the lifespan

Mickey Rubin, PhD (he/him)

Learning objectives:

1. Dietary recommendations for children from birth to 2 years of age according to the 2020-2025 Dietary Guidelines for Americans.
2. Foods and nutrients that are fundamental first foods for children.
 1. Importance of key nutrients and early introduction of potential allergens.
- 3.
4. Recommendations from the DGA across the lifespan, including nutrients of public health concern.
5. Scientific evidence for the role of choline in supporting cognitive health throughout the lifespan.

Performance Indicators: 4.1.2, 8.1.1, 8.1.2, 8.1.3, 8.1.4; Level 2

Friday, November 4

8:15 – 8:30 -- Welcome & Opening Remarks

President Elect Maren Wolff, PhD, RDN, LD (she/her/hers)

8:30 – 9:30 -- Tweet, Snap, Post, Share: Ethical Practice in Social Media

Drew Hemler, MSc, RD, CDN, FAND (he/him)

Learning Objectives:

1. Describe at least three (3) Standards of Professionalism.
2. Identify three (3) instances of unethical practice on social media.
3. Respond appropriately when observing unethical practice on social media.
4. Utilize relative Academy educational resources and reporting tools.

Performance Indicators:

1.2.1, 1.2.5, 1.2.6, 1.3.3, 1.4.5, 1.5.5, 1.6.2, 2.1.5, 2.2.2, 2.2.3, 2.3.2, 2.3.6 ; Level 2

9:30 – 10:30 -- Iowa Food System Coalition and RDNs Working Together to Make a Difference in our Food System

Jodie Heugrich, RDN. LD (she/her/hers) & Lyndi Buckingham-Schutt, PhD, RDN, LD (she/her/hers)

Learning Objectives:

1. Understand the vision, mission, and values of the Iowa Food System Coalition.
2. Identify opportunities for RDNs to collaborate with new and diverse partners within the IFSC.
3. Assess the benefits and challenges to our profession and the people we serve by working with a multidisciplinary coalition.
4. Explain how RDNs can advance the development of new programs and policies that support advancing food system work in Iowa.

Performance indicators:

3.1, 2.3, 12.1, 12.4

10:30 – 10:45 -- Break

10:45 – 11:45 -- Supporting and Engaging in Iowa's Food Systems as Nutrition Professionals – moderated panel

Dee Sandquist, MS, RD, LD, CDE, FAND; Gayle Olson; Linda Gorkow; Whitney Sanger; moderated by Allison Lansman, RD, LD

Learning Objectives:

1. Expose dietitians to first-hand perspectives provided by food systems professionals and producers.
2. Link the intersectional nature of nutrition, health, and agricultural sustainability to the resiliency of Iowa's population.
3. Provide multidisciplinary input on the role nutrition and dietitians can play currently and in the future across Iowa's food systems landscape.
4. Identify educational, community, professional, and organizational opportunities to support the resilience, safety, and security of Iowa's food systems.

Performance indicators: 1.8.2, 1.8.4; 2.3.3, 3.2.8; level 1

11:45 – 1:00 Lunch

1:00 – 2:15 -- Integrating Equity into School Meals

Morgan P. McGhee, MPH, RD (she/her)

Learning Objectives:

1. Learn how FoodCorps uses the SHIFTING tool to advance equity in school meals.
2. Practice applying SHIFTING in a real life school nutrition scenario.

Performance indicators: 9.3, 12.3, 13.1, level 1

2:15 – 3:30 -- How Fat Phobia Perpetuates Eating Disorders and Prevents Treatment: Working on Your Own Body Inclusivity

Ali Beckman, MS, RD, LD, CEDS-S (she/her/hers)

Learning Objectives:

1. Develop an understanding of the origins of diet culture.
2. Explore how fat phobia and diet culture both exacerbates eating disorder behaviors and is a barrier to eating disorder treatment.
3. Recognize your own bias towards body size and food choices.
4. Identify how to be a body and food inclusive provider.

Performance indicators: 1.7.2, 4.2.2, 8.1.1, 9.1.3, level 2